



Concordia  
UNIVERSITY

# THIS FALL AT CAMPUS MINISTRY



CAMPUS MINISTRY is a unit of *Advocacy & Support Services*, a part of **Student Services**



## **Prison Visit Programme**

An eight week series on Monday evenings; students and prisoners meet and dialogue at the *Federal Training Centre*. An orientation session will be held September 18th, at 2:00 p.m. Annex Z-Room 105; visits begin September 25th. This group has a limit of ten.

For more information call Peter Côté (848-3586)

## *Insight Meditation*

Sitting and moving meditation toward:

Self-awareness; Calmness; Concentration; Awakening

Tuesdays 11:45-1 pm, **Loyola** WF 100-10

Wednesdays 11:45-1pm, **SGW** Annex Z, Room 105.

Introductory instruction given at 11:45-12:00 each session

For information: Daryl Lynn Ross (848-3585)

email: daryllyn@vax2.concordia.ca

Starts September 12/13 – Beginners are always welcome

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## **The Lunch Bunch**

A time to share lunch and conversation.

You bring your lunch, Campus Ministry provides coffee, tea & hot chocolate. The rest "happens".

Thursdays noon to 2:00 pm AT Annex Z – Beginning September 14<sup>th</sup>

**Info:**

Micheline Bertone, SSA - 848-3591

Ellie Hummel - 848-3590 (email hellieh@alcor.concordia.ca)

## **People-Centred Globalization: What are the Stakes?**

A Discussion group with Duane Falconer, S.J.

Who are the real players in globalization? What is the role of the modern corporation in whose image the world is emerging? Is stakeholding a vehicle for people-centered globalization? These are some of the questions at the core of this discussion. It will be an insightful and stimulating group.

Tuesdays from 7-8:30 pm - **SGW** Annex Z, room -03

Starting September 26<sup>th</sup>

For more info: 848-3587

***Our Locations: Belmore House (Loyola) 2496 West Broadway - 848-3588 Fax: 848-3592  
Annex Z (SGW) 2090 Mackay - 848-3590***

*...and don't forget to visit our website at <http://advocacy.concordia.ca/ministry/>*

**NOTE:** Campus Ministry activities and resources are open to all members of the University community, regardless of faith affiliation.



## Mother Hubbard's Cupboard

On Monday nights during the semester, at annex Z, from 5-7 pm, Mother Hubbard is cooking up some nourishing and delicious vegetarian meals, and her cupboard is definitely not bare!

The suggested donation is a dollar or two. The food is good, and the company is great. It is open to all Concordia students, (their roommates and families too). Beginning September 18th.

For more information:

**Campus Ministry - 848-3588 or**

**Peer Support Centre - 848-2859**



## MAKING SENSE OF CHRISTIANITY IN 2000

A VIDEO DISCUSSION GROUP ON THE BASIC CONCEPTS OF CHRISTIANITY. BRING YOUR QUESTIONS, DOUBTS AND EXCITEMENT.

TUESDAYS 2:30- 4:00 PM - BEGINNING OCTOBER 3<sup>RD</sup>

FOR MORE INFORMATION CONTACT: ELLIE HUMMEL AT 848-3590

(EMAIL: MELLIEH@ALCOR.CONCORDIA.CA)

## Outreach Experience

Do you want to do something that means something? This is an opportunity to share your talents, in a special way, with the marginalized of our society.

For more information call  
**Micheline Bertone, SSA, at 848-3591**



## WHAT DID THE BUDDHA TEACH?

A learning group, using short readings from basic Buddhist texts.

We will be looking at our own lives and experiences to reflect on the Dharma readings.

Facilitated by Daryl Lynn Ross, 848-3585, e-mail: daryllyn@vax2.concordia.ca  
Wednesdays, 1:30-2:45, Annex Z, rm 105 Begins September 27 -  
Everyone is welcome.

## Passages: Connecting Scripture and Life

Offering an opportunity to experience inner connectedness, peace; learn how to focus and meditate; discover the healing and transforming power of God's Word.

**Mondays, 12:00-1:00 pm Annex Z, room 105 - Beginning September 27<sup>th</sup>**

**Also Tuesdays, 12:30-1:30 pm Beginning September 28<sup>th</sup>**

**For more info: Micheline Bertone, SSA - 848-3591**



# Stress Reduction Through Mindfulness

An eight week program integrating techniques of meditation, body awareness and yoga.

Participants must be committed to practice techniques at home for 30 minutes on a daily basis.  
Class limited to 12 participants.

All members of Concordia University welcome.

Thursday evenings, 6:00-8:30 pm – September 28 to November 16.

To register phone Daryl Lynn Ross, 848-3585 or e-mail: [daryllyn@vax2.concordia.ca](mailto:daryllyn@vax2.concordia.ca)

## *It's Here, Somewhere...*

...In Search of Our Spiritualities  
With **Ellie Hummel**

A practical and "hands-on" exploration of how we incorporate spirituality in our everyday lives.

Thursdays - 2:30 to 4:00 pm – Beginning October 5<sup>th</sup>

Annex Z (2090 Mackay) Room 105

For more information call Ellie at 848-3590  
or email [hellieh@alcor.concordia.ca](mailto:hellieh@alcor.concordia.ca)

## **GROWING IN SELF-ESTEEM:**

**The Key to Healthy Relationships**

...A seven session workshop designed to help you discover the "well" within; to unlock your potential; grow in acceptance of self and others.

**Wednesdays, 3:30-5:00 PM, Annex Z, room 105 - Starting October 4<sup>th</sup>**

**For more information: Michelina Bertone, SSA – 848-3591**

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## **The Campus Ministry Team:**

### Chaplains:

<b>Peter Côté, L-WF 105</b>	<b>848-3586</b>
<b>Duane Falconer, S.J., L-WF 106</b>	<b>848-3587</b>
<b>Daryl Lynn Ross, L-WF 103</b>	<b>848-3585</b>
<b>Ellie Hummel, S-Z 102</b>	<b>848-3590</b>
<b>Michelina Bertone, S.S.A., S-Z 104</b>	<b>848-3591</b>

(e-mail: [bpglovrr@alcor.concordia.ca](mailto:bpglovrr@alcor.concordia.ca))

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